

alzheimer's association®

a ride to remember

july 16-18, 2010

3 days. 60 bicyclists. 252 miles across South Carolina. \$46,543 raised!

When Scott Roark first approached the South Carolina Chapter with the idea of a multi-day bicycle fundraiser, he had no idea how successful it would become. After all, South Carolina summers are hot, and 252 miles is a long way to travel by the strength of one's own legs.

Like so many people, Scott has a personal connection to the cause of fighting Alzheimer's disease. His mother, Joyce, was diagnosed with Alzheimer's in 1998, and his father, Woody, still cares for her at home in Gainesville, Florida.

"I wanted to do something in tribute to my mother," Scott said. And so, with the help of several dedicated volunteers, A Ride to Remember was born: a multi-day bicycle ride across South Carolina, from the Upstate to the coast, with each rider raising funds to fight Alzheimer's.

In 2009, the inaugural A Ride to Remember had 22 riders and a team of stalwart volunteers. Together, they raised over \$16,000, and they told all of their bicycling friends about the amazing experience. Word of mouth helped the 2010 event grow exponentially to 60 riders and over \$46,000 raised!

"It's amazing to me the people who have jumped on board," Scott said. "I'm still pinching myself!"

As Scott began fundraising for the 2010 ride, he kept his father updated on the event's progress. Even after the ride was over, the contributions continued to pour in. Scott said that his father was beside himself... and so was he.

"I don't know that I can put it into words," he said. "I just thank God that we've had 2 years of safe riding, with folks going home and saying, 'Wow! I've got to do that again!' It's not an easy thing to do, but it's worthwhile. We're not just sitting on our backsides. I am doing something to fight this thing that has captured my mom."



Above: Participants in A Ride to Remember 2010 smile atop the Arthur Ravenel Jr. Bridge over the Cooper River in Charleston at the end of a 252-mile ride. From left to right: Scott Roark, Missy Johnson (SC Chapter Board Chair), Van Matthews (former board member).

Planning is underway for A Ride to Remember 2011. To learn more about riding or volunteering, please contact Ashton Houghton at 1-800-860-1444.



Above: Riders hit the road after a quick hydration stop near Leesville, South Carolina.



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A Message From Our CEO



Cindy Alewine
CEO/President

Dear Friends,

As we begin our new fiscal year, I want to thank the many individuals and organizations who helped to make our past year a success. We have seen a substantial increase in the need for our services, and we know that this trend will continue.

From June 2009 through July 2010, our chapter received over 9,500 helpline calls, which is among the highest call volume of any chapter in the country. We assisted families with 2,735 respite vouchers. Support groups for caregivers and persons with dementia were offered throughout the state and individuals were safeguarded through the Medic Alert+Safe Return program and other safety programs. Educational conferences and programs were provided throughout the state as we continued to increase awareness through local

media and community networks. We experienced our most successful legislative action day ever with emphasis on our gratitude for the respite funds received through the SC Department of Mental Health.

Our new fiscal year is off to a great start! The International Conference on Alzheimer's Disease (ICAD) held in July provided us with exciting and hopeful research findings. Nationally, TrialMatch was launched as a new confidential service for connecting individuals with local research trial opportunities. Also in conjunction with ICAD, the Alzheimer's Breakthrough Ride was launched on July 17th with the goal of collecting over 100,000 petition signatures in support of the Alzheimer's Breakthrough Act legislation. These signatures will be delivered to Congress on World Alzheimer's Day, September 21st.

Here in South Carolina, the second annual A Ride to Remember cycling event kicked off our chapter's 2010-2011 fundraising season with over \$46,000 raised—almost double our goal! The upcoming 2010 Memory Walk season will provide the opportunity for thousands of volunteers to raise funds to support our mission, and we hope that you'll join us at one of 13 locations statewide.

We encourage you to mark World Alzheimer's Day on September 21st by wearing purple! You can help raise awareness of the widespread impact of Alzheimer's disease and invite still more people to join our cause.

All of our programs, services and research opportunities are made possible by donations from individuals and organizations. We appreciate each gift and commit to using these funds to further our mission. Thank you again for your ongoing support and generosity!

Know Your Charity

With many groups using the word "Alzheimer's" in their name, it can become confusing to distinguish the different charitable organizations. The following organizations are not affiliated with the Alzheimer's Association:

Alzheimer's Foundation of America - AFA
Fisher Center for Alzheimer's Research Foundation
American Health Assistance Foundation

When you contribute to the Alzheimer's Association, please rest assured that your donation will support South Carolina Chapter services as well as national research & advocacy efforts. We are proud that 85% of each donor dollar received goes to programs and services, 10% to fundraising, and only 5% to management costs.

Board of Directors

The South Carolina Chapter is fortunate to be guided by the leadership of a very diverse and capable team of individuals who share our passion for serving families who are living daily with Alzheimer's disease.

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Our board members are extremely committed to our mission and to the work of our chapter. We appreciate their time, dedication, and giving spirits.

About Our Chapter

Our Mission: To eliminate Alzheimer's disease through the advancement of research; to provide and enhance care and support for all affected; and to reduce the risk of dementia through the promotion of brain health.


Our Vision: A World Without Alzheimer's

STAFF NEWS: The Lowcountry Area Office is delighted to welcome **Lauren Nelson, MSW**, as the new Outreach Case Manager. Lauren is a recent graduate from the University of South Carolina where she received her Master's in Social Work. Prior to returning to school, Lauren worked for the Charleston County Department of Social Services as an investigator in child protective services. In addition, Lauren is a graduate from Benedict College, a historically black college in Columbia, SC where she received her bachelor's degree in social work in 2003. Lauren lives in Ladson, South Carolina along with her daughter Kalaya Nelson. In her spare time, she works with "at-risk" male adolescents by educating them on new coping and frustration tolerance skills.

Our Helpline is available 24/7:

1-800-273-2555

CORRECTIONS: In the Spring Newsletter, we recognized Congressman John Spratt for his cosponsorship of the National Alzheimer's Project Act. The newsletter incorrectly identified the Congressman with the 6th Congressional District. Congressman Spratt represents South Carolina's 5th Congressional District, and we thank him for his support.



We serve the state
of South Carolina
through a network
of regional offices.

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Jill Smith

Early Stage Resources: Planning Ahead



If you have been diagnosed with Alzheimer's disease or a related dementia, or if you are experiencing changes in your memory, this section is for you to help you plan ahead.

Because Alzheimer's disease is a progressive illness, it is important for you to make decisions about your future as early in the course of the disease as possible. You and your family should start planning right away. Here are some things to consider.

Make arrangements at work:

Talk to your employer about Alzheimer's disease and your symptoms, and take someone with you to help you explain and clarify your situation. Cut down on your hours or responsibilities if possible. If you own your own business, put plans in place for its future operations.

Apply for Social Security Disability if you have younger-onset Alzheimer's (also called early-onset) and are no longer able to work due to the disease. On February 11, 2010, the Social Security Administration (SSA) added early-onset/younger-onset Alzheimer's to the list of conditions under its Compassionate Allowance Initiative, giving those with the disease expedited access to Social Security Disability Insurance (SSDI) and Supplemental Security Income (SSI).

Settle your money and legal matters:

Seek legal advice and services from an elder law attorney who can help you with:

- Identifying and completing legal documents.
- Making plans for medical and treatment decisions.
- Making plans for finances and property. Make sure your money matters are in the hands of someone you trust, like your spouse, your child or a close friend.

Consider naming a person to make health care decisions for you when you are unable to do so; this person should know your wishes about your health care and future living arrangements.

Participate in an early stage support group:

Living with the changes caused by Alzheimer's disease can bring about many emotions, a natural response to the disease. The Alzheimer's Association can refer you to a support group where you can meet others who have Alzheimer's. To learn more, call 1-800-273-2555.

Participate in clinical trials:

You may decide to help further Alzheimer research by participating in a clinical drug trial. Dozens of these studies are actively seeking participants. Talk with your family and doctor to get their input.

Benefits to participating in a study include:

- Direct contribution to cutting-edge research.
- High standard of care.
- Additional medical expertise and follow-up.
- Potential access to drugs that work as well as or better than currently available therapies.

You can learn more about getting involved in research studies on page 11, or by calling 1-800-272-3900 or visiting alz.org/trialmatch.

Consider future living arrangements:

There may come a time when you need extra help living in your own home, or you may need to move. Help prepare for your future needs by:

- Expressing to your family wishes for continuing to live in your own home; discuss what help you would need to live there safely.
- Talking to your family about where you want to live and with whom when you can no longer live on your own.
- Finding out about local housing options, such as retirement communities, assisted living or residential care. Start your research with our Senior Housing Finder at alz.org/caresource.
- Gathering information about local services, such as in-home help, home-delivered meals and transportation.

Be sure to consider all of the options available, including adult day care programs, in-home care and hospice services.

Questions? Call us at 1-800-273-2555.

Advocacy Update

South Carolina's passage of Uniform Adult Guardianship legislation is a victory for families dealing with dementia

Among a flurry of vetoes in June, South Carolina adopted an important piece of legislation that will benefit caregiving families across state lines. Signed by Gov. Mark Sanford on June 7, 2010, the Uniform Adult Guardianship Protective Proceedings and Jurisdiction Act is a quiet victory for families in caregiving situations.

The Alzheimer's Association was a strong supporter of this legislation. In the absence of other advanced directives, people with Alzheimer's disease or related dementia may need the assistance of a guardian to make decisions relating to their health, well being and economic interests.

Because the process of appointing a guardian is handled in state courts, jurisdiction can become complicated when multiple states have an interest in the case. Examples of such scenarios include long-distance caregiving, vacation or seasonal travel, interstate health markets, wandering incidents, and even the seemingly simple transference of guardianship from one state to another. In these cases, jurisdictional confusion can compound the enormous stresses already facing Alzheimer families.



South Carolina is the 19th state to adopt the act, which establishes a clear framework for adopting states to determine jurisdiction. The bill also allows family members to transfer guardianship from one state to another without repeating costly court proceedings. The more states that adopt this bill in identical format, the simpler the process will become for all involved.

The Alzheimer's Association advises families to engage in comprehensive end-of-life planning early in the disease process while the person with dementia can participate in those decisions. Planning ahead can help prevent complicated adult guardianship issues from arising later.

Sign the Petition!

Help make Alzheimer's disease a national priority.

This summer, the Alzheimer's Association is teaming up with researchers across the country to launch the Alzheimer's Breakthrough Ride, a cycling event to increase federal funding for Alzheimer research, care and support.

The event began July 17 in San Francisco and travels cross-country to culminate in Washington, D.C. on September. 21, World Alzheimer's Day. Along the route, riders will collect 100,000 signatures to support the Alzheimer's Breakthrough Act and other key legislation to make Alzheimer's disease a national priority.

Get behind our scientists as they cycle cross-country to encourage increased federal funding for Alzheimer care, support and research.

Support the cause at alz.org/breakthroughride, where you can:

- Sign the petition and forward the link to your friends.
- Leave a message of encouragement for the riders.
- Follow the Ride's progress by video, photos and blog entries.

Let's shift Congress into gear.



Caregiver Tips: Driving Safety

Driving is a complex activity that requires quick thinking and reactions, as well as good perceptual abilities. For the person with Alzheimer's disease, driving becomes a safety issue. While he or she may not recognize that changes in cognitive and sensory skills impair driving abilities, you and other family members will need to consistently monitor his or her changing abilities and be firm in your efforts to prevent driving when it's no longer safe.

Ideally, families should talk openly about driving soon after a diagnosis, making initial plans for how the person will get around when he or she can no longer drive.

It's also very important to consider the person's feelings and perceived loss of independence when coming to terms with no longer driving. Helping the person with dementia make the decision to stop driving — before you have to force him or her to stop — can help maintain a positive sense of self-esteem.

How dangerous is it?

Previous studies demonstrate that poor driving performance increases with increased dementia severity. However, not all people with Alzheimer's are unsafe drivers at a given point in time. What's more, drivers with dementia are not in more crashes than non-demented elderly drivers, suggesting that dementia should not be the sole justification for suspending driving privileges. Instead, an on-the-road driving test, or other functional test, is the best way to assess driving skills in dementia.

Look for signs of unsafe driving

The following behaviors may be signs that it is time to stop driving:

- Forgetting how to locate familiar places
- Failing to observe traffic signals
- Making slow or poor decisions
- Driving at inappropriate speeds
- Becoming angry and confused while driving
- Hitting curbs
- Using poor lane control
- Making errors at intersections
- Confusing the brake and gas pedals
- Returning from a routine drive later than usual.



This could be a sign that the person may be getting lost in the car. Consider enrolling the person in MedicAlert + Safe Return, a national wanderer's identity program. Learn more at alz.org/safety or by calling 1-800-273-2555.

Tips to limit driving

Once it's clear the person with dementia can no longer drive safely, it's important that they stop immediately. If possible, involve the person with dementia in the decision to stop driving. Explain your concerns about his or her unsafe driving, giving specific examples, and ask the person to voluntarily stop driving. Assure the person that a ride will be available if he or she needs to go somewhere.

Other tips to discourage driving include:

- Transition driving responsibilities to others. Offer to drive, arrange for someone else to drive, or arrange a taxi service or special transportation services for older adults.
- Help reduce the person's need to drive. Have prescription medicines, groceries or meals delivered.
- Ask your physician to advise the person with dementia not to drive. Involving your physician in a family conference on driving is probably more effective than trying by yourself to persuade the person not to drive. If possible, ask for a prescription that says, "No driving," which can be referred to later if needed.
- Encourage the person to sit back and enjoy the scenery. Consider arranging for another person to sit in the back seat to engage the person while someone else drives. If the disease is in an advanced stage, or there is a history of anger and aggressiveness, it's best not to drive alone with the person.

If the person insists on driving, consider these steps as a last resort:

- Disable the car. Remove the distributor cap or the battery or starter wire. Ask a mechanic to install a "kill wire" that will prevent the car from starting unless the switch is thrown. Or give the person a set of keys that looks like his or her old set, but that don't work to start the car.
- Contact the Department of Motor Vehicles and express your concerns that the person is a hazard on the road due to progressing dementia, or request that the person's license be revoked.

If you have questions or concerns about your loved one's driving or other safety issues, call us at 1-800-273-2555.

Caregiver Resources: Getting Help

It's good to know the resources available to help you as a caregiver, even in the earliest stages of Alzheimer's. There will be times when you'll need assistance responding to the changing needs of your loved one, so consider some of the different types of care you can access for help.

Informal Care

Friends, family members, and neighbors have probably offered to help in some way. It's okay to say yes! Whether it means driving to a doctor's appointment or visiting in the house for a few hours, informal care can be a big help.

The Alzheimer's Association has a free online service available through Lotsa Helping Hands™ that can help you coordinate schedules and share updates with everyone who has offered to help. It's also a great way to keep long-distance family and friends up to date on your loved one's progress. Create your care calendar at alz.org/caresource.

Residential Care

If the person with dementia prefers a community living environment or if living at home is no longer possible, there are various types of residential care available, ranging from independent living, to assisted living, to skilled nursing homes. Some retirement communities offer continuing care, which means that a resident is able to move throughout the different levels of care as his or her needs change.

Choosing the setting best for your loved one can be difficult. The Alzheimer's Association has online resources that let you search a current list of licensed senior housing providers and provides in-depth information to help determine the best type of care and housing for an individual with dementia. Visit alz.org/caresource to access these resources.

Respite Care

Respite care can help provide a temporary break from daily care routines, which may become demanding as your loved one becomes increasingly dependent on you. Respite care provides the caregiver time for errands or relaxation, while the person with dementia receives care from a qualified individual at home or in another care setting.

The Alzheimer's Association South Carolina Chapter offers financial assistance for short-term respite for family caregivers living in South Carolina through a respite voucher program. This service is made possible through the SC Department of Mental Health to provide relief to caregivers to lessen the physical, emotional and financial burdens associated with caring for a person with Alzheimer's disease or related dementia.

With a respite voucher, family members are able to set up care through approved **in-home care providers**, **adult day care providers**, or temporary placement in residential care. The approved agency or facility will bill the Association for up to \$500 worth of services.

Caregivers are encouraged to begin using the respite voucher as soon as possible upon receipt. Each voucher expires six months from the date of issue. Caregivers may apply for a renewal once they have spent the first voucher. Renewals are issued as funds are available.

This program is not designed to pay for services on a long term basis and may not be applied retroactively, nor may it be used for private sitters.

To apply for a respite voucher or a renewal, please call the office nearest you or visit alz.org/sc and click on "Respite Services." Questions? Call 1-800-273-2555.

Additional Resources for South Carolinians

The **South Carolina Family Caregiver Support Program** works to ensure that caregivers have the support and assistance needed as they continue to provide care to their care receivers. Offered through South Carolina's Aging and Disability Resource Centers, this program can provide financial assistance for short-term respite care or for supplemental services.

The **Alzheimer's Resource Coordination Center**, a program of the Lt. Governor's Office on Aging, is another useful source of information and referral. The ARCC also provides grant monies to assist SC communities through respite and education programs.



For information about any of these programs, please call the Lt. Governor's Office on Aging at 1-800-868-9095.

Education Opportunities

To view our most up-to-date education listings, please visit our website at www.alz.org/sc and click on Education Programs. Family caregivers: Please call 1-800-273-2555 if a no-cost, in-home sitter is needed in order to attend any of these educational opportunities. The Chapter will cover the cost through local home care organizations. Please call two weeks in advance for an application.

Memory Loss, Dementia and Alzheimer's Disease: The Basics

Thursday, September 30, 2010

2 p.m. at the Anderson Library
300 North McDuffie Street, Anderson, SC
Presented through Anderson University Lifelong Learning

Memory Loss, Dementia and Alzheimer's Disease: The Basics is a one hour presentation designed to teach the basics about diseases that cause dementia symptoms. Information on diagnosis and treatment will also be discussed and free literature will be provided. Seminar is free but pre-registration is appreciated. To register please contact Anderson University Lifelong Learning at 864-231-2058 or cboles@andersonuniversity.edu.

Early Detection Matters: Know the 10 Warning Signs of Alzheimer's Disease

Wednesday, October 13, 2010

10 a.m. at Keowee Key Activity Center
1392 Stamp Creek, Salem, SC
Presented through Clemson University Osher Lifelong Learning

This one hour workshop features information on getting a diagnosis, the ten warning signs of Alzheimer's treatment options, and support resources. Registration is \$10 per person. To register, visit www.clemson.edu/OLLI or call 864-656-6912.

Professional Training is Available

The Alzheimer's Association is committed to helping professionals improve their knowledge and skills, build stronger teams and deliver better care to people with dementia and their families. Our training and education programs are geared to professionals working in both community-based and residential care settings. We also offer trainings for clergy, law enforcement personnel, and trainings on issues like competency for professionals in the financial and legal community.

If you are interested in scheduling a training program, please contact Gail Marion at 1-800-273-2555.

November is National Caregivers Month & National Alzheimer's Disease Awareness Month

A Day of Care: Support for Caregivers in all Stages of their Journey

Saturday, November 13, 2010

Registration: 8:30 a.m.
Conference: 9:00 a.m. to 4:00 p.m.
Morningside Baptist Church
897 S. Pine Street, Spartanburg

Hosted by Morningside Baptist Church in collaboration with the Alzheimer's Association. Led by Kim Atchley, co-author of *When Your Aging Parent Needs Care*. Open to caregivers of all types.

Tickets are \$10 and include lunch. Preregistration is requested by Monday, November 9. To pre-register or for more information, contact Kim Atchley at kim@kimatchley.com or 864-415-9881.

Save the Date for a Caregiver's Day Out in Charleston!

Tuesday, November 16, 2010

Please contact the Lowcountry Area Office for details: 1-800-860-1444.

Thank you to everyone who supported or attended our Spring and Summer Education Conferences. They were a great success! Each year, the Alzheimer's Association South Carolina Chapter sponsors several educational conferences. These conferences feature opportunities for professionals in the senior care industry to obtain continuing educational units while refreshing and upgrading their skill working with dementia clients. Family caregivers also benefit from these educational opportunities.

We would like to take this opportunity to recognize BrightStar, a Platinum Sponsor for the Charleston Education Conference, which was held on May 19, 2010. We neglected to recognize them on the conference brochure, so we would like to recognize them here:



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Spring & Summer Events

Thank you to all our volunteers and supporters who, through our spring and summer events, raised over \$243,000 for the Alzheimer's Association, South Carolina Chapter! We would especially like to thank our sponsors, listed below.

alzheimer's association

Forget-Me-Not Ball

Grand Strand Forget-Me-Not Ball - April 17, 2010

Coastal
Neuropsychiatry



WBTW
News 13
Coverage You Can Count On.

Agape Senior & Agape Hospice

Grand Strand Lowcountry Chorus
Grand Strand Magazine
Myrtle Beach Manor
Purple, Etc.
Summit Place of North Myrtle Beach
The Retreat at the Lakes at Litchfield
Tom Leonard, State Farm Insurance Agency

Columbia Forget-Me-Not Ball - May 14, 2010

Palmetto Health Pennington Law Firm, L.L.P.

Atria Assisted Living
Comfort Keepers
Life Care Center of Columbia
Oakleaf Village
Pincus Family Law
SCE&G

Upstate Forget-Me-Not Ball - May 7, 2010

Homewood Residence Cleveland Park Linville Courts at Cascades

Absher Neurology, P.A.
Amedisys Home Health
Comfort Keepers
Huskamp Associates
Interim Healthcare
Johnna Reed
LifeWise/Bon Secours St. Francis Health System
Laurel Baye Healthcare of Greenville
Mangum Family
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Rolling Green Village
Sterling House of Greenville
Sunrise Senior Living/Brighton Gardens of Greenville
T. Van Matthews, CFP Ameriprise Financial
The Woodlands at Furman

Charleston Forget-Me-Not Ball - May 21, 2010



Roper St. Francis Healthcare

alzheimer's association

BOWL-A-THON

Anderson, SC - May 1, 2010



Electric City
Rotary Club



North Pointe Assisted Living



Boulevard Lanes
National HealthCare Anderson

CHOMARAT

alzheimer's association

a ride to remember

july 16-18, 2010

all about
Seniors
RESOURCE & REFERRAL DIRECTORY OF THE UPSTATE, SC

H M R
ADVANTAGE
HEALTH SYSTEMS
The Advantage in Specialized Rehab Care

Ameriprise
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Research News from AAICAD 2010

Nearly 4,000 scientists from around the world recently gathered at the Alzheimer's Association's 2010 International Conference on Alzheimer's Disease (AAICAD 2010) in Honolulu to report and discuss the latest advances in research on treatments, risk factors, and diagnosis for Alzheimer's disease.

Here are some research highlights from the conference and why they are important:

Evidence from three long-term, large-scale studies supports the association of **physical activity and certain dietary elements** (tea, vitamin D) with possibly maintaining cognitive ability and reducing dementia risk in older adults (Framingham Study, Cardiovascular Health Study, NHANES III). Plus, a new study in an animal model of Alzheimer's reported at AAICAD 2010 suggests that an **antioxidant-rich diet** with walnuts may benefit brain function.

Research has frequently pointed towards a number of factors that may impact our risk of Alzheimer's and cognitive decline, the strongest being reducing cardiovascular risk factors. The Alzheimer's Association and others have repeatedly called for longer-term, larger-scale research studies to clarify the roles that these factors play in the health of the aging brain. These studies from AAICAD 2010 are some of the first reports of this type in Alzheimer's, and while that is encouraging, it is not yet definitive evidence.

In an early finding reported at AAICAD 2010, **a gene known as FTO**, which appears to be correlated with obesity in humans, may also increase risk of dementia. When a person has certain variants of both FTO and a recognized Alzheimer's risk gene known as APOE, the risk of Alzheimer's could be doubled.

We need to see these results confirmed by other researchers. In general, we need additional studies about the genetics and other causes of Alzheimer's. Findings such as this one may potentially identify additional targets for therapies and preventions.

A newly-discovered risk gene for Alzheimer's may have early impact on memory skills and brain volume. Two studies found that healthy, middle aged people who have the high risk version of the **TOMM40 gene** did worse on memory tests and had reduced brain volume in two regions affected early in Alzheimer's.

Additional research is needed to determine whether TOMM40 is useful for measuring Alzheimer's risk in middle age.

For years the primary therapeutic target in Alzheimer's disease has been the **beta amyloid peptide**, which clusters outside cells in the brain to form sticky clumps known as plaques. Recently, more attention has been given to the **tau protein**, which aggregates inside the brain cells of people with Alzheimer's, forming neurofibrillary tangles. Four new, though very preliminary, research studies reported at AAICAD 2010 described experimental **immunotherapies** for Alzheimer's – two of which target tau directly and two of which may reduce tau even though their primary target was beta amyloid.

These studies teach us more not only about tau-targeted therapies but also about the progression of Alzheimer's disease. It may be that amyloid changes in the brain happen early in Alzheimer's, and tau-related changes happen "downstream" where they have a more direct effect on cognitive function. Thus, immunotherapy treatments targeting amyloid may also alter neurodegenerative processes that occur later in the disease. However, this is still to be determined.

Intranasal insulin may be beneficial in treating Alzheimer's. A short-term (4 months) clinical trial of intranasal insulin in Alzheimer's and mild cognitive impairment (MCI) showed statistically significant benefits on certain tests of memory and functioning, but no changes on others. In those who showed benefits on memory tests, there were also positive changes in Alzheimer's biomarkers in spinal fluid.

Previous research has strongly suggested that Alzheimer's and diabetes/insulin resistance are closely related. Larger, longer-term clinical trials of intranasal insulin as a therapy for Alzheimer's are planned.

Beta amyloid deposits in the brains of people with Alzheimer's disease may take different shapes based on a known Alzheimer's risk gene. Researchers using a new imaging tool suggest that there are **different shapes of beta amyloid deposits** in the Alzheimer brain based on which version a person has of a well-established Alzheimer's risk gene, known as **APOE**.

This may be especially important because in some recent drug trials the therapy provided benefits in people who had certain types of APOE but were less effective or not effective in others. In other words, if different types of APOE have unique structures, each type may respond differently to potential treatments.

To learn more, please visit alz.org/research.

Participate in TrialMatch™

“by participating in trials, people can play a more active role in their own treatment while also contributing to scientific discovery.”

- bill thies, ph.d.
chief medical and scientific officer,
alzheimer's association

Whether you have been diagnosed with Alzheimer's or know someone who has been, you understand the impact of this devastating disease. Alzheimer's Association TrialMatch™, the Alzheimer's Association Clinical Studies Matching Service, is an opportunity to not only take action for yourself, but also make an important contribution for current and future Alzheimer's patients and affected families. Clinical trials accelerate progress and provide valuable insight. Without participation, finding a cure is virtually impossible.



How does TrialMatch™ work?

Alzheimer's Association TrialMatch uses information about your diagnosis, location and preferences to match you with current Alzheimer's clinical trials. Finding the right trial can be done both by phone and online. Once a match is found, and with your permission, an Alzheimer's Association TrialMatch specialist will contact you to answer questions.

After the clinical trial, you can expect ongoing follow-up communication to help you get the most out of your participation. If by chance there are no matches, check back frequently because new studies are starting all the time.

How do I use TrialMatch™?

STEP 1

Access Alzheimer's Association TrialMatch online at alz.org/trialmatch or by calling the toll-free number, 1-800-272-3900.

STEP 2

Complete a brief questionnaire, either online or over the phone, to create a profile.

STEP 3

Based on the specified eligibility and criteria (e.g., diagnosis, treatment history, location), the Alzheimer's Association will compare your unique profile to its comprehensive, up-to-date clinical trial database.

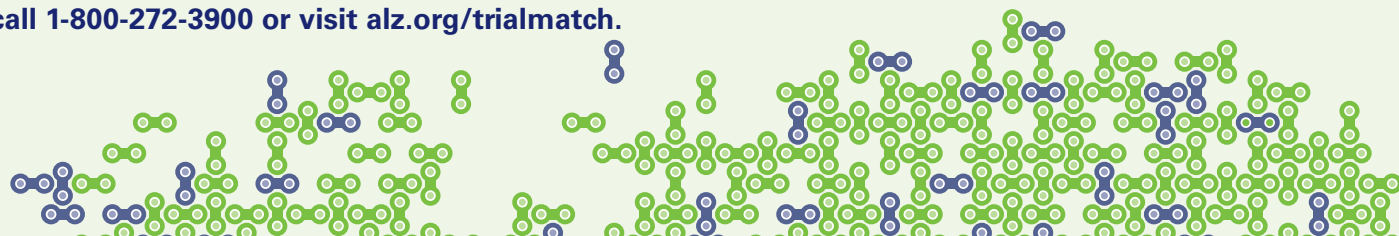
STEP 4

With your permission, an Alzheimer's Association TrialMatch specialist will contact you to provide unbiased trial result options and trial site contact information. Specialists will not recommend any particular trial, but will help you identify trials that match your specific eligibility and criteria.

Note: Alzheimer's Association TrialMatch specialists are available from 7 a.m. to 7 p.m. CT, Monday – Friday. For general questions about Alzheimer's disease and clinical trials, our Contact Center is available 24 hours a day, 365 days a year.

Volunteers are under no obligation to participate in a clinical study, even if they meet all the criteria. And once enrolled, they can withdraw at any time. The Alzheimer's Association receives no finder's fee or other compensation for matches created through Alzheimer's Association TrialMatch.

For more information:
please call 1-800-272-3900 or visit alz.org/trialmatch.



Caregiver Support Groups

ABBEVILLE COUNTY

1st Tues. 7 PM (not June/Jul)
Covenant Way
Due West
864-379-3210 (Ruth Hill)

AIKEN COUNTY

3rd Thurs. 2:00 PM
HarborChase Assisted Living
& Memory Care, 1385 Silver Bluff
803-642-8444 (Christina Reed)

2nd Tues. 11:00 AM

Aurora Pavilion
803-641-8441 (Liz Neal)
803-641-5900 (Robert Schwartz)

ANDERSON COUNTY

2nd Thurs. 5:30 PM
Royal Baptist Church
407 E. Hampton St
864-224-8839 (Odis Telley)

3rd Thurs. 7 PM

Anderson Place
311 Simpson Rd.
864-224-3045- Alz. Office
(Mel Harriss- Facilitator)

3rd Thurs. 7 PM

The Maples
Wildwood Dr.
Honea Path, SC
864-369-6461 (Barbara Wright)

Men's Group

2nd Mon. Noon (Lunch provided)
Boulevard Baptist, Family Life Ctr.
864-225-7424 (Bill Davis)

BAMBERG COUNTY

3rd Thurs. 6 PM
Bamberg Library Railroad Ave.
803-245-3021 (Charity Sandifer)
803-245-5006 (Mary Jones)

BARNWELL COUNTY

2nd Tues. 11 AM
Barnwell Co. Library – Burr St
803-649-9201 or 803-335-8044
(Suzanne Creech)

BEAUFORT COUNTY

Wednesdays 12:30-1:30 PM
Helena House (Port Royal)
843-521-0866 (Louise Blanchard)

3rd Thurs. 2 PM

Parkinson's Support Group
Hilton Head Regional Med Ctr
843-705-5349 (Marilyn Weiner)

2nd Tues. 2 PM

4th Fri. 2 PM
Okatie Outpatient Center
843-705-2113 (Sandra Brown)

Every Wed. 10 AM

Memory Matters (Hilton Head)
843-842-6688 (Karen Doughtie
and Cathee Stegall)

1st & 4th Thurs 1:30 PM

St Andrews Methodist, Hilton Head
843-671-5696 (Karen Kirby)

BERKELEY COUNTY

3rd Thurs. 4 PM
St. Stephen Comm. History Rm
843-821-4011 (Pat Browder, RN
and Don Bagwell)

2nd Tues. 10 AM

Pinewood House (Goose Creek)
843-873-5121 (Angela Rومان)

CHARLESTON COUNTY

2nd Sun. 2:30 PM
Parkinson's Support Group
Bon Secours- St Francis Hospital
Meeting Room 1 (West Ashley)
843-884-6949 (Gretchen Huff)

1st Thurs. 7 PM

Bon Secours- St Francis Hospital
West Ashley
843-766-5694 (John Ledford)

2nd Thurs. 6:30-7:30 PM

Choices Women's Center
West Ashley
843-763-1207 (Edith Miller)

3rd Tues. 6:30-8 PM

Franke at Seaside
Mount Pleasant
843-856-4725 (Karen Berry)

3rd Thurs. 1-2 PM

Episcopal Church of Our Savior
Johns Island
843-478-8756 (Laura Stefanelli)

3rd Mon. 9:30 AM

Somerby of Mt. Pleasant
843-810-0342 (Katie Jones)
843-654-7919 (Bonnie Dewald)

3rd Tues. 6 PM

NHC Health Care
843-766-5228 (Ashley Gray
and Kelly Martin)

1st Tues. 10 AM

New First Missionary Baptist
Church
1644 Hwy. 174 Edisto Island
843-869-0279 (Lula Grant)

4th Tues. 11 AM

Morris Brown AME Church
Downtown Charleston
843-577-9267 (Shirley Brown)
843-958-8595 (Paulette Simmons)

Last Tues. 10 AM

Ashley River Baptist Church
West Ashley
843-766-5694 (John Ledford)

2nd & 4th Wed. 10:30 AM

Sunrise Presbyterian Church
Sullivan's Island
843-886-6510 (Sara Michelin)

3rd Wed. 5:30-6:30 PM

Ebenezer AME Church
(downtown)
843-577-9267 (Shirley Brown)
843-958-8595 (Paulette Simmons)

1st and 3rd Wed. 9:30 AM

All Saints Lutheran Hwy. 17
Mt. Pleasant
843-810-5576 (Ginger Deignan)

2nd Tues. 6-7 PM

Martin Luther Evangelical
Lutheran
James Island
843-795-3102 (Patti Mears)

2nd Thurs 6:30 PM

Sweetgrass Memory Court
843-071-7756 (Tiffany Tolliver
and Emilee Smoak)

CHEROKEE COUNTY

2nd Thurs. 12 Noon- Lunch
Magnolias of Gaffney
864-206-0006 (Bonita Wise)

CLARENDON COUNTY

3rd Mon. 2 PM
New Covenant Presbyterian Church
2833 Alex Harvin Highway
Manning, SC
803-478-4820 (Betty Wellock)

COLLETON COUNTY

2nd Tues. 6 PM
Good Shepherd Lutheran
Walterboro
843-549-6623 (Linda Sisk)

DARLINGTON COUNTY

1st Tues. 10 AM
St. Bartholomew's Church
Campus Dr. Hartsville
843-332-7478 (Margaret Coker)

2nd Tues. 10 AM

Medford Center
Darlington
843-332-7478 (Margaret Coker)

DORCHESTER COUNTY

2nd Thurs. 7 PM
Grace Lutheran - Summerville
843-832-2357 (Don Bagwell)

FLORENCE COUNTY

3rd Thurs. 6 PM
The Leatherman Senior Center/
Senior Citizens Association
600 Senior Way Florence
843-669-6761 (Fannie Kennedy)

2nd Wed. 4 PM

Methodist Manor Twin Church Rd
843-664-0700 (Debbie Edwards)

GEORGETOWN COUNTY

1st Mon. 12 PM
Prince George Parish Hall
Georgetown, SC
843-237-2845 (Lillian Szabo)

2nd Thur. 2 PM

Lakes at Litchfield
843-651-2335 (Joyce Calabrese)

GREENVILLE COUNTY

1st Tues. 5PM
**Upstate Lewy Body & Related
Dementia Support Group**
The Haven
355 Berkman's Lane, Greenville
(864) 350-7160 (Gail Stokes)
(864)918-1416 (Pam Williams)

1st Tues. 7 PM-Golden Strip
Hillcrest Hospital (Conf Rm B)
729 S.E. Main Street, Simpsonville
For info call 864-250-0029
(864) 346-0579 (BJ Burns)
& (Nancy Pearce)

1st Thurs. 2 PM

Rolling Green Village (Library)
1 Hoke Smith Blvd. Greenville
864-286-0668 (Gale Pemberton)

2nd Thurs. 7 PM

Greer Memorial Hospital
830 S. Buncombe Rd, Greer
864-787-0319 (Sara Briggs)
864-918-8058 (Emily Torres)

Informal Spouses-Only Dinner Group

3rd Tues. 6PM
Greenville Area Restaurant-TBA
864-286-0668(Gale Pemberton)

4th Mon. 7 PM (3rd Mon in Dec)

The Gardens at Eastside
275 Commonwealth Dr, Greenville
864-286-0668 (Gale Pemberton)
864-346-0579 (B.J. Burns)

4th Tues. 6:30 PM (3rd Tues Nov & Dec)

Shepherd's Care Center Auditorium
2100 N. Pleasantburg Dr, Greenville
864-905-5111 (Alex Caro)
864-987-0124 (Fran Erickson)

GREENWOOD COUNTY

2nd Tues. 2 PM
Wesley Commons, GW
864-227-7141 (Vicki Fields,
Jane Roper)

HAMPTON COUNTY

2nd Monday 6 PM
Hampton Presbyterian Church
803-942-3775 (Sally Dobson)

2nd Tues 7 PM (Estill)
UniHealth PAC of LowCountry
803-942-3775 (Sally Dobson)

HORRY COUNTY

3rd Thurs. 2 PM
Summit Place
Little River, SC
843-450-3410 (Kathy Bazzarre)

1st Monday 6 PM
Brightwater Senior Living
Grissom/International Pkwy.
843-651-2335 (Joyce Calabrese)

2nd Wed. 1 PM
Agape Senior- Conway
843-914-1197 (Charlene Hope)

2nd & 4th Wed 10 AM
Belin Methodist Church
Murrells Inlet
843-215-1497 (Lillian Chopko)

KERSHAW COUNTY
1st Mon. 6 PM
Karesh Long Term Care Ctr.
1315 Roberts St.
Camden Med. Ctr.
803-432-4311 (Loretta Wrigley)

LANCASTER COUNTY
Last Mon 1:30 PM
Lancaster Convalescent Center
2044 Pageland Hwy
803-804-7861 (Janice Broach)

LEE COUNTY
3rd Fri. 10-11 AM
51 Wilkinson Road
Bishopville
803-775-7381 (Toni Brew)

LEXINGTON COUNTY
1st Thurs. 6-8 PM
Oak Leaf Village
Lexington
803-808-3477 (Vicky Caldwell)

1st Wed. Noon-lunch provided
Wittenberg Lutheran Church
Leesville
803-532-4636 (Joan Caughman)

2nd Thurs. 6 PM
Chapin Baptist Church
803-451-7434 (Melanie Dohm)

2nd Mon. 6:30 PM
Riverland Hills Baptist
201 Lake Murray Blvd. Irmo
803-781-9192 (Jan & Don Earles)

MARION COUNTY
Last Tues. 2 PM
Mullins Nursing Home
843-464-8211 (Sherry Fleming)

NEWBERRY COUNTY
2nd Tues. 5:30 PM
Springfield Place (Dining Room)
2006 Springfield Circle
803-276-2601 (Denise Marshall)
803-276-8266 (Janet Ballentine)

OCONEE COUNTY
2nd Mon. 7 PM
United Way Seneca
864-882-1202 (Jane Thomas)
864-654-3862 (The Feemsters)



Please call numbers listed to verify meeting details. Family members and friends are welcome to attend. Support Groups are free and open to the public.

NEED A SITTER? Call 1-800-273-2555 in advance if a no-cost in-home sitter is needed during meeting time. An application must be filled out to use support group sitter funds. This service is available through a professional home care agency ONLY and is separate from your respite voucher.

ORANGEBURG COUNTY
1st Tues. 6 PM
Morningside Assisted Living
Riverbank Dr. Orangeburg
803-539-2911 (Jerri Zeigler and Tina Fogle)

SPOUSES GROUP
3rd Tues. Noon (lunch provided)
Orangeburg Council on Aging
2570 St. Matthews Rd.
803-351-7827 (Janet Haladay & Bill Smith)

PICKENS COUNTY
1st Thurs. 7 PM
Capt. K. Hampton Library –Easley
(2nd Floor Conf Rm)
864-855-8668 (Meri Childress)
864-836-5151 (Debbi Scarborough)

4th Wed. 2 PM
(3rd Wed Nov&Dec)
Clemson Downs
505 Downs Loop Corley Ctr.
800-273-2555 (Gail Marion)

RICHLAND COUNTY
3rd Mon. 12:30 PM (lunch)
Alterra Sterling House
Columbia
803-732-0300 (Pamela Rodriguez and Peter Pzaepfel)

3rd Tues. 12 PM (lunch)
Atria at Forest Lake
Columbia
803-790-9800 (Anne Abel)

Group for and led by spouses of persons with dementia.
2nd Tues. 12 PM
Caregivers Coalition of Midlands
Palmer Bldg. Of First Presbyterian
1420 Lady St., Palmer –4th Floor
SW corner of Lady & Bull Sts.
Park in lot on corner;
enter on Lady St.
803-779-1995 Ext. 4 (Debbie Clark)

2nd Tues. 6 PM
Eden Gardens of Columbia
120 Fairforest Rd.
803-781-2243 (Paula or Pat)

2nd Wed. 11:30 AM
Palmetto Senior Care (Columbia)
803-691-5650 (Mary Winstead)

3rd Wed. 12 PM
Lodge at Ascension
7142 Woodrow St. Irmo
803-732-6670 (Georgia Tropicanto)

3rd Thurs. 10:30 AM
Rice Home, Columbia, SC
803-691-5765 (Felicia Pinckney)

3rd Fri. 12-1:30 PM
Palmetto Senior Care
Laurel St, Columbia
803-931-8166 (Cynthia Palmore or Cynthia Young)

4th Mon. 6:30 PM
The Haven in the Summit
Columbia
803-754-0538 (Betty Rabon)

Last Wed. 1:30-3:30 PM
C.M. Tucker Jr./Dowdy Gardner
Nursing Care Center, Columbia
803-737-5312 (Bruce LaFleur)

3rd Thurs. 4 PM
The Heritage at Lowman Home
Wellness Ctr. Gallery
803-451-7434 (Melanie Dohm)

1st Tues. 12 noon
Senior Primary Care
3010 Farrow Rd. #300
803-434-1238 Mary Winstead, LISW

SPARTANBURG COUNTY
2nd Thurs. 11:30 AM (lunch provided)
RoseCrest Retirement
Community
864-599-8564 (LaWana Duque)

3rd Tues. 6 PM
Alzheimer's Office
901 S Pine St. Spartanburg
864-542-9998 (Jill Smith)

4th Mon. 7 PM Chesnee
Wesleyan Church Fellowship Hall
864-461-2774 (Vera Martin)

4th Tues. 6 PM
Eden Terrace, Spartanburg
864-579-1094 (Larena Gilfillan)

Last Tues. Noon- lunch provided
Skylyn Place, Spartanburg
864-582-6838 (Bates McKinney)

SUMTER COUNTY
1st Thurs. 6:00 PM
McElveen Manor
McCrarys Mill Rd.
803-773-5293 (Judy Jernigan)

YORK COUNTY
1st Tues. 10:30 AM
Park Ave. Adult Day Ctr
Rock Hill
803-327-7448 (Barbara Smith)

2nd Tues. 6PM
HarborChase of Rock Hill
1611 Constitution Blvd.
(803)321-4544 (John Taylor)

2nd Thurs. 10 AM
818 Tom Hall Plaza Ste. 118
Fort Mill
803-548-6766 (Seth Zamek)

2nd Thurs. 10:30 AM
York Adult Day Care
3 S. Pacific Ave York
803-684-1361 (Dee Curran)

3rd Wed. 7 PM
Del Webb Library Indian Land
7641 Charlotte Hwy
803-396-5336 (Samantha Kriegshauser)

2nd Wed. 11 AM
Baxter Village 275 Market St.
Fort Mill
803-396-2155 (Vina Pesaru, MD)

If you have Alzheimer's:
Call 1-800-273-2555 to learn about early stage dementia support groups.





WALK

TO END ALZHEIMER'S

Please join us for the 2010 Alzheimer's Association Memory Walk[®]!

You, your family and friends have the opportunity to be part of a movement bringing help and hope to millions of Americans living with Alzheimer's — and millions more at risk. Your participation will make a difference.

You can start your team today by registering online or by phone. Together, we'll build a world without Alzheimer's disease!

September 11
Spartanburg Area
 Wofford College Stadium
 Twitty Street Entrance
 Spartanburg, SC

September 25
Aiken:
 Odell Weeks Center
 1700 Whiskey Road
 Aiken, SC

September 25
Manning
 Council on Aging
 206 S Church St
 Manning, SC

October 2
Greenwood Area
 Burton Center
 2605 Hwy. 72/221 E.
 Greenwood, SC

October 9
Anderson
 Anderson County
 Farmers Market Pavilion
 402 N. Murray Ave
 Anderson, SC

October 16
Columbia Area
 Finlay Park
 930 Laurel St
 Columbia, SC

October 16
Greenville Area
 County Square
 301 University Ridge
 Greenville, SC

October 23
Charleston
 Charleston Harbor Resort and
 Marina, at the Lookout Pavilion
 20 Patriots Point Road
 Mt. Pleasant, SC

October 23
Sumter
 Dillon Park
 1210 Clara Louise Kellogg Dr
 Sumter, SC

October 30
Beaufort County
 Historic Bluffton
 110 Calhoun St
 Bluffton, SC

October 30
Rock Hill Area
UPDATED LOCATION
 Winthrop University Coliseum
 1162 Eden Terrace
 Rock Hill, SC

November 13
Florence
 McLeod Fitness
 2437 Willwood Drive
 Florence, SC

November 13
Grand Strand
 Broadway At the Beach
 1325 Celebrity Circle
 Myrtle Beach, SC

to register:

visit alz.org/memorywalk

call 1-800-860-1444

or mail in this form



Registration Form

Walk location

Team name

I am a team captain team member individual
 My goal is to raise \$_____ to help end Alzheimer's disease.
 (The recommended minimum goal is \$200.)
 All registrants who raise \$100 will receive a Memory Walk T-shirt.

First name

Last name

Address

City

State Zip

Phone (Day) Phone (Evening)

E-mail address

Company name

Job title

Yes, my company has a matching gifts program.

Please help the Alzheimer's Association better serve our community by completing the following:

Gender Male Female **Birthdate** M D Y

Choose one African-American/Black American Indian/Alaskan Native Asian Caucasian/White Hispanic/Latino Pacific Islander Other _____

T-shirt size Small Medium Large X-Large XX-Large XXX-Large << All registrants who raise \$100 will receive a Memory Walk T-shirt.

How did you hear about us? Chapter mailing Web site Family Friend Past participant Work colleague TV/radio/print ads Other _____

Please choose the closest affiliation you have to Alzheimer's disease:

I have/had a family member with Alzheimer's disease
 I am a caregiver for someone with Alzheimer's disease
 I have a friend with Alzheimer's disease
 I have been diagnosed with Alzheimer's disease
 I do not know anyone with Alzheimer's disease

I am interested in information about:

Joining the Memory Walk steering committee
 Advocating for people affected by Alzheimer's
 Other volunteer opportunities with the Alzheimer's Association
 Including the Alzheimer's Association in my will, trust or estate plan
 More information about Alzheimer's disease
 Other _____

Enclosed is my personal donation of: \$200 \$100 \$50 \$25 Other _____

To make a credit card donation, please go online: www.alz.org/memorywalk

Please donate the value of any of my fund-raising prizes back to the Alzheimer's Association. Yes No

Assumption of Risk, Release and Permission

In consideration of being allowed to participate in Memory Walk, I hereby expressly assume all risks of personal injury, death or property loss arising in any way out of my participation. I represent that I am physically fit and able to participate in this event. I hereby release and agree not to sue Alzheimer's Association, its chapters, their respective officers, directors, volunteers, employees, sponsors and agents, from or in connection with any and all liability and claims arising out of my participation in this event. I grant full permission to the organizers of this event to use and publish my name and image as a participant in photographs, video or other recordings.

Signature _____ **Date** _____

If Participant is a minor or acts in accordance with a legal guardian, the parent or guardian must sign and agree to the below:

I am the parent and/or legal guardian of Participant, and I hereby consent to his/her participation. I have read the foregoing agreement, and I hereby agree on behalf of myself and Participant to its terms.

Please mail completed form to: Alzheimer's Association, ATTN: Memory Walk, 2090 Executive Hall Road, Ste. 130, Charleston, SC 29407

SOUTH CAROLINA CHAPTER

4124 Clemson Blvd - Suite L
Anderson, SC 29621
www.alz.org/sc
800.273.2555

NONPROFIT ORG.
U.S. POSTAGE
PAID
ANDERSON, SC
PERMIT NO. 584

**CHANGE SERVICE REQUESTED
DATED MATERIAL**

If you have concerns about yourself or a loved one, please call our 24-hour HelpLine:

1.800.273.2555

For additional resources, visit our website at www.alz.org/sc.



alzheimer's  association

More than 35 million people worldwide have dementia. This is a 10 percent increase over previous global dementia prevalence reported in 2005.

Dementia prevalence worldwide will nearly double every 20 years, to 115.4 million in 2050.

Unlike many countries, the United States does not have a National Alzheimer Strategic Plan to confront the escalating Alzheimer crisis in America. That has to change now.

You can make a difference. See page 5 for details, or sign the petition at alz.org.

Get involved on World Alzheimer's Day, September 21.

Get Casual for the Cause in your workplace on September 21. Dress down or wear jeans in exchange for a small donation (usually \$5) to the Alzheimer's Association. Order your kit, complete with stickers (pictured to the right), today at act.alz.org/casual_for_a_cause.

Go Purple to support the cause and help raise awareness of Alzheimer's disease and how it's impacting families around the globe. Sport a purple shirt, decorate the cafeteria in purple, or send all your emails in purple font. Get creative!

For more ideas, contact us at 1-800-273-2555.

**Casual
for a
Cause!**

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